

FROM BYSTANDER TO UPSTANDER (LESSON 1)

RELATIONSHIP SKILLS

The relationship skills below can help you effectively deal with a Power Masker. Take notes on examples or personal stories related to each skill.

EMPATHY

Understanding that the Power Masker may be acting out of their own insecurities or struggles can help defuse situations. Responding with kindness and empathy instead of anger might help reduce the tension.

ASSERTIVE COMMUNICATION

Being clear and confident when setting boundaries can prevent the Power Masker from taking control of the situation. Assertive communication helps express your needs without being aggressive or passive.

CONFLICT RESOLUTION

Learning how to calmly address and resolve conflicts is key. This skill allows you to navigate the situation without escalating the behavior, encouraging peaceful dialogue.

SELF-AWARENESS

Knowing your own triggers and maintaining emotional control can prevent you from being drawn into the Power Masker's attempts to provoke a reaction. Staying calm and centered helps you handle the situation from a place of strength.

(continued below)

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RESPONSIBLE DECISION MAKING

The responsible decision-making skills below can help you effectively deal with a Power Masker. Take notes on examples or personal stories related to each skill.

ASSESSING THE SITUATION

Take a step back to evaluate what's really happening before reacting. Understanding the Power Masker's motivations and how the situation may escalate helps in choosing the best response.

WEIGHING CONSEQUENCES

Consider the potential outcomes of different actions, like ignoring the behavior, responding calmly, or seeking help. This helps ensure your response is thoughtful and won't make the situation worse.

SEEKING SUPPORT

Recognize when it's necessary to ask for help from a trusted adult, teacher, or counselor. Knowing when to involve others is a responsible way to ensure the issue is handled appropriately.

PROBLEM-SOLVING

Approach the situation with a mindset focused on finding solutions. By thinking of ways to resolve the conflict in a peaceful, productive manner, you're more likely to reduce the Power Masker's negative influence without escalating tension.